



**Please note:** When you are ready to collect your samples, it's essential that you activate your test using your unique barcode. This can be done online at [www.myhealthchecked.com/activate-kit/bloods](http://www.myhealthchecked.com/activate-kit/bloods)

**WE CAN'T PROCESS YOUR SAMPLES IF YOUR TEST HAS NOT BEEN ACTIVATED**



## Instructions for use

Blood & Urine collection kit for home use



Scan QR code to activate your kit

## Warnings and precautions

- This kit is designed for use by people aged 18 and over only.
- For people with bleeding or clotting disorders, those taking anticoagulants, immunosuppressive drugs, or undergoing chemotherapy, this kit should be used with caution and under the clinical guidance of a healthcare professional.
- The Roche Cobas PCR media liquid contained in the urine collection tube is harmful if swallowed, can cause skin irritation, and can cause serious eye irritation. If the media is swallowed rinse mouth and seek medical attention if you feel unwell. If the media comes into contact with skin, wash the area and seek medical attention if required. If media comes into contact with the eye, rinse thoroughly with running water. If irritation persists, seek medical attention.

**Please note samples arriving at the laboratory which show evidence of the following will not be processed:**

- Leaking sample/insufficient blood sample volume in the collection tube.
- General damage.
- Sample instability.
- Samples arriving at the laboratory which show signs of degradation (eg: haemolysis).

**Please note**

- Some medicines or medical products may be considered interfering substances for certain biochemical or immunoassay investigation.
- Where appropriate, out of range, unconfirmed reactive, or detected test results deemed to be clinically significant should be confirmed with a confirmatory venous blood sample.

All products within this box are CE / UKCA marked where applicable

Concepta Diagnostics Ltd.  
The Maltings, East Tyndall Street,  
Cardiff, CF24 5EA, UK.  
[care@myhealthchecked.com](mailto:care@myhealthchecked.com)  
[www.myhealthchecked.com](http://www.myhealthchecked.com)

CE REP CE Marking Limited  
Building 1000,  
City Gate, Mahon,  
Cork, Ireland  
[info@cemarking.ltd](mailto:info@cemarking.ltd)

DHF-0064



## Intended use

This kit is designed for adults (aged 18 and over) for the collection of a capillary blood sample and a urine sample to be performed at home. These samples are then returned to a laboratory and analysed against a variety of biomarkers. This kit alone is not suitable for diagnosis, and it is not a substitute for a consultation with a healthcare professional. **Please note that you should always seek advice from your doctor before starting any treatment.**

## Getting your blood and urine test results

When your samples have been processed and reviewed by our doctor, you'll receive an email to say your results are ready. This is usually within **48-72 hours** of your samples arriving at our laboratory.

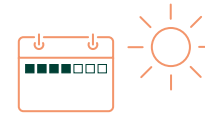
To view your results go to:  
[www.myhealthchecked.com/login](http://www.myhealthchecked.com/login)  
and then click on **My Results**.

Please check that the kit contains all of the items listed alongside. Do not proceed with the sample collection if any component is missing. Please email [care@myhealthchecked.com](mailto:care@myhealthchecked.com) immediately for a replacement kit.

**Please check your kit contains:**

- 3 x Lancets
- 3 x Alcohol wipes
- 3 x Plasters
- 1 x Blood collection tube with gold cap
- 2 x Barcode labels (gold and blue)
- 1 x Urine collection kit
- 1 x Specimen transport bag with absorbent pad
- 1 x Return postage bag with prepaid label
- 1 x Instructions for use leaflet

## Top tips for blood and urine collection before you start



### Collection Mon-Thurs

You must collect your samples in the morning between Monday and Thursday and post them on the same day.

This ensures your samples are not delayed in the post which will impact stability of your samples and our ability to provide your test results.

Do not collect or return your samples on a weekend or bank holiday as there will be postal delays.



### Well hydrated

To ensure you can collect a urine and blood sample, you need to be well hydrated. Please drink a large glass of water at least 30 minutes before performing your test. For your blood collection, gentle exercise can also help to increase blood flow to your fingers.



### Clean & soak hands

Wash your hands with soapy water and dry with a clean towel. Then, lay your kit out on a clean table. Put your whole non-dominant hand in warm water for 2-3 minutes. Your fingers should be slightly dimpled. Then dry your hand with a clean towel.



### Middle or ring finger

The best location for collecting a finger prick sample is from the side of your middle or ring finger. Avoid using the thumb, index and little finger.

**Note:** you should not urinate for an hour prior to taking this test.

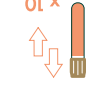
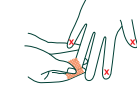
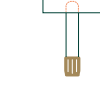
**It is essential that you read all of the instructions before beginning your sample collection. If you are unsure or require additional guidance please visit the 'help' page on our website or watch our 'how-to' video by following this link: [www.myhealthchecked.com/help/videos/sexualhealth](http://www.myhealthchecked.com/help/videos/sexualhealth)**

## Activate your test

**1** Activate your test online at [www.myhealthchecked.com/activate-kit/bloods](http://www.myhealthchecked.com/activate-kit/bloods) before collection. You must post your samples on the same day as you collect them. **NOTE:** If you are helping someone else collect a sample for testing, please ensure the details completed are for the person whose sample is being returned to the laboratory. **Please ensure you have read and understood the instructions for use before collecting your sample.**

## Collecting your blood sample

- 2 Complete the specimen transport bag using a ballpoint pen with the following details: **First name, Surname | Date of birth | Gender at birth | Date and time of sample collection**
- 3 Remove the small, gold top of the blood collection tube by applying gentle pressure in an upward direction. Place the collection tube into the circular cut-out inside the box whilst you collect your sample.
- 4 Twist the blue lid on the top of one of the safety lancets. The safety lancet is now ready to use.
- 5 Using the alcohol wipe, clean the tip of the selected finger. Ensure the finger is completely dry to ensure a successful collection. **NOTE: blood will not form a droplet if the finger is not completely dry.**
- 6 Position the safety lancet on the side of the selected finger, holding against the skin firmly. The lancet will activate in one step, only when positioned and pressed firmly against the skin until a click is heard. Push the safety lancet into the selected location on your finger. This will puncture the skin and a small drop of blood will form. Gently apply pressure to the area surrounding the puncture site to encourage the blood to flow.
- 7 Discard the first drop of the blood by wiping it away with a clean tissue.
- 8 Position the finger over the collection tube to enable blood to drop into the blood collection tube. Holding your hand/arm downwards, firmly massage your hand down to the finger without squeezing to encourage the blood to flow until the blood reaches the upper fill line on the tube. This line is the minimum amount required, should you need to repeat the process again to help obtain enough blood, use the remaining lancet.
- 9 **PLEASE NOTE: each lancet is for single use only. Discard after first use and do not reuse.** Once you have filled the tube up to the top fill line, stop collecting. Clean your finger with a moist wipe, dry it with a tissue and apply the supplied plaster to stop the bleeding. Then push on the cap of the blood collection tube securely, until you hear an audible click to confirm closure.
- 10 Gently turn the tube upside down at least 10 times.
- 11 **Note: You should not have urinated for at least 1 hour before sample taking.** Wash hands using soap and water and dry them.
- 12 Take the urine specimen collection tube with the blue label from your kit and remove the lid. Do not urinate directly into this tube. **TAKE CARE not to spill or touch the contents. In case of spillage refer to the 'Warnings and Precautions' on page 8.**
- 13 Pass up to 50ml of urine into a clean container, and then finish urinating in the toilet.
- 14 Use the pipette to transfer urine into the urine specimen transport tube until the urine level is between the two black lines on the side of the tube as shown. Screw the cap back firmly onto the urine specimen transport tube with the blue label.
- 15 Gently turn the tube upside down at least 5 times.



5.

## Packing your samples for return

- 16 Please ensure your gold blood collection tube is labelled with the gold tube barcode and urine specimen transport tube with urine blue barcode. **NOTE: This is very important as unlabelled samples cannot be accepted.**

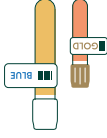


Record your unique gold barcode number below:

Record your unique blue urine barcode number below:



- 17 Take care when labelling your tubes. Stick the centre of the sticker on the tube and bring the ends together to stick them like a flag.
- 18 Place your blood and urine samples in the specimen transport bag. Seal the bag following the instructions on the bag.
- 19 Put the specimen transport bag (containing your samples) back inside the original box. Then place it inside the prepaid postage bag provided and return via any Royal Mail postbox. To track your samples' return to our lab, please make a note of the Royal Mail tracking number below. So you can track their journey via [www.royalmail.com/track-your-item](http://www.royalmail.com/track-your-item)



Please do not take or post your samples on a weekend or a bank holiday.

## Before returning your samples, complete the important return checklist

Before you return your samples, please ensure the following is done:

- Kit activation is complete
- The blood and urine collection tubes are labelled
- The blood and urine collection tubes are placed into the specimen transport bag, sealed, and placed inside the collection kit outer box
- The collection kit outer box is firmly closed
- You have taken a note of your postal tracking number and barcode number
- You're now ready to seal the envelope. Please store at room temperature until posted



**NOTE: if we do not receive fully activated and labelled samples, we will not be able to process your test.** Please fully complete your activation.

Please return your samples to our laboratory (on the same day you have collected your samples) between Monday and Thursday, and post immediately using a Royal Mail postbox.

If you require assistance, please contact us at [care@myhealthchecked.com](mailto:care@myhealthchecked.com) and a member of our Customer Care Team will be able to help. **Please have your barcode and Royal Mail tracking number to hand to enable us to assist you with ease.**

7.

6.